



# Stress Busters Challenge

**September 12 - October 23**

**Goal = 100 points**

## **BOOST YOUR HEALTH**

Practice healthy behaviors to help you manage stress.

## **REACH THE GOAL**

1. Eat healthy, get physical activity, get enough sleep and relax!
2. Each healthy behavior = 1 point
3. Goal is to reach 100 points!

Learn more at <https://delawell.alerehealth.com!>

***MANAGE YOUR STRESS AND STAY IN CONTROL!***



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